



METROWEST YMCA | FALL 1 SESSION POOL SCHEDULE

September 8th – October 26th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:10-6:10am MASTERS		5:10-6:10am MASTERS		5:10-6:10am MASTERS		
6:15-9:20am 3 Lap Lanes 1 Lane Water Walking	6:00-9:20am 3 Lap Lanes 1 Lane Water Walking	6:15-9:20am 3 Lap Lanes 1 Lane Water Walking	6:00-9:20am 3 Lap Lanes 1 Lane Water Walking	6:15-9:20am 3 Lap Lanes 1 Lane Water Walking	7:15-9:00am 3 Lap Lanes 1 Lane Water Walking	7:15-9:00am 3 Lap Lanes 1 Lane Water Walking
9:25-11:05am 2 Lap Lanes Family Swim/ Water Walking	9:25-11:05am SWIM LESSONS 2 Lap Lanes	9:25-11:05am SWIM LESSONS 2 Lap Lanes	9:25-10:15am 2 Lap Lanes Family Swim/ Water Walking	9:25-11:05am 2 Lap Lanes Family Swim/ Water Walking	9:10-1:10pm SWIM LESSONS	9:10-1:10pm SWIM LESSONS
11:15-12:10pm WATER FITNESS CLASS	11:15-12:10pm WATER FITNESS CLASS	11:15-12:10pm WATER FITNESS CLASS	10:20-12:10pm WATER FITNESS CLASSES	11:15-12:10pm WATER FITNESS CLASS		
12:15-12:50pm SWIM LESSONS 2 Lap Lanes	12:15-3:00pm 3 Lap Lanes 1 Lane Water Walking	12:15-3:00pm 3 Lap Lanes 1 Lane Water Walking	12:15-4:10pm 3 Lap Lanes 1 Lane Water Walking	12:15-4:10pm 3 Lap Lanes 1 Lane Water Walking	1:15-4:25pm Family Swim 1 Lane Youth Lap Swim	1:15-4:25pm Family Swim 1 Lane Youth Lap Swim
1:00-4:10pm 3 Lap Lanes 1 Lane Water Walking				4:30-6:30pm 3 Lap Lanes 1 Lane Water Walking	4:30-6:30pm 3 Lap Lanes 1 Lane Water Walking	
				Lifeguards and other members of the Aquatic Team will be available to assist in the management of lap and open swim times. If a lifeguard sees a difference in swim speeds or abilities, they may ask swimmers to move at any time to ensure safety and a quality aquatic experience for everyone.		
4:15-7:05pm SWIM LESSONS	4:15-7:20pm SWIM LESSONS	4:15-7:05pm SWIM LESSONS	4:15-7:05pm SWIM LESSONS	4:45-7:05pm SWIM LESSONS	YMCA Pools will close during Thunderstorms.	
7:15-8:10pm WATER FITNESS CLASS	7:25-8:10pm Family Swim 1 Lap Lane	7:10-8:10pm Family Swim 1 Lap Lane	7:15-8:10pm WATER FITNESS CLASS	7:15-8:10pm Family Swim 1 Lane Youth Lap Swim	Metrowest YMCA Building Hours: Monday-Friday 5:00am-10:00pm Saturday & Sunday 7:00am-7:00pm Phone # (508) 879-4420	
8:15-9:30pm 3 Lap Lanes 1 Lane Water Walking	8:15-9:30pm 3 Lap Lanes 1 Lane Water Walking	8:15-9:30pm 3 Lap Lanes 1 Lane Water Walking	8:15-9:30pm 3 Lap Lanes 1 Lane Water Walking	8:15-9:30pm 3 Lap Lanes 1 Lane Water Walking		

AGE POLICIES & SPECIAL RULES

1. ALL children under the age of 18 will be required to wear a breakaway neckband during open swim to help with identification of swim ability.
2. Children 12 and under must be accompanied by an adult at all times while using YMCA facilities.
3. Children ages 5 and under are required to have an adult in the water with them actively supervising within arm's reach of the child.
4. Children ages 6 and over will be asked to complete a swim test. They will be given a neckband to identify which parts of the pool they may access. Active adult supervision on deck required.
5. If your child requires a diaper, they must wear a special swim diaper in the pool. This rule has been implemented by the Board of Health and will be enforced by YMCA staff when necessary.
6. **Lap Swim is for 16+ only, unless noted as youth.**

See Y360 for scheduled closings based on session programming and upcoming holidays.

*Revised as of 9/16/2025

**Staff in-service training will occupy half the pool from 4:30-6:30PM on 9/27 and 10/25. Youth programming will take half the pool and swim from 1:30-2:30PM on 9/16, 9/23, 10/2, and 10/13. Youth programming will join Family Swim on 9/26 and 10/10.